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# The Daily TITAN



Ali Khosroshahin knows his team better than anyone, and has the record to prove it.  
—see Sports page 6

VOLUME 73, ISSUE 42

WEEKEND

NOVEMBER 16, 2001

## Finals bring stress

■**HEALTH:** Students feel the crunch as the semester comes to an end, and examinations consume their lives

BY DIONE BLEDSOE  
Daily Titan Staff Writer

It's that time of year again. Finals. Although a much needed week-long vacation from the headaches of university life will begin this weekend, returning to the daily grind and the stress of finals is awaiting our return. Nearly all students feel some type of stress or anxiety before and during finals week. It is a time when student's grades they have worked, or not worked for, may come down to one exam.

While many students agonize over their finals, few do anything to alleviate those symptoms of stress. "It is hard enough finding enough time to study for finals in all of my classes," said Jayme Judd Ensley, a senior biology major at Cal State Fullerton. "Finding time to relieve my stress is something I save until after finals are over."

Even when time is limited, those in search of relief may have found the answer on campus. Wednesday's lecture "Change Your Life, Change Your Brain," presented by Cassandra Stringer, psychological counselor, and Doug Liverpool, disabled students counselor, offers solutions to stress in a few simple steps.

The lecture examined the reciprocal relationship between lifestyle and brain functioning. It emphasizes that regardless of the situations in our life, we have some choice in the quality of our lives. A breakthrough program for conquering anxiety, depression and impulsiveness was based on Dr. Daniel G. Amen's book "Change Your Brain, Change Your Life." Liverpool talks about the best mindset to achieve goals.

"Don't say you 'should' do something," Liverpool said. "Should produces the Garden of Eden effect. It is human nature to do exactly the opposite. Instead, convince yourself that you want to do it. I want to get a good grade on my exam, therefore I want to study for it."

Liverpool's prescription for stress reduction is a combination of mind and body alleviation techniques. A balanced and consistent diet is important. One that is high in protein and low in carbohydrates can give students the extra energy needed without

STRESS / 7



NAOMI ULICI/Daily Titan

Alpha Kappa Alpha hosts TurkAKA program to help people.



SACHI SONODA/Special to the Titan

Dorm residents dig into an early Thanksgiving dinner before a long awaited week off.

## Turkey day visits dorms

■**HOLIDAY:** Thanksgiving dinner was shared by many at Cobb Residence Hall Wednesday

BY KIMBERLY PIERCEALL  
Daily Titan Staff Writer

The only thing better than one Thanksgiving feast is two.

Joe Baranowski, a senior radio TV/film major, had three reasons for coming to the Thanksgiving dinner at the residence halls on Wednesday night.

"Number one, free food; number two, warm up for next week; number three, free food," he said.

And there almost wasn't any food.

Jennifer Middleton, a sophomore art major, said that afternoon they bought six turkeys — frozen turkeys, making what could have been a veritable turkey crisis.

"It was a little hectic at first," she said.

Middleton and two other members of the social trio at the dorms picked up three Cornish hens — miniature turkey-like birds — just in case the turkeys didn't thaw.

By 8:30 p.m., the dorm residents devoured all six turkeys, a couple of the hens, and much of the side dishes that covered the length of the table.

The social trio planned the Thanksgiving event about a week in advance, posting assignments for each dorm floor — one in charge of cranberry sauce, one for stuffing, one for utensils, etc.

"It was mainly a community thing to get people out of their suites to hang out," said Sarah Yoshikawa, a sophomore child development major.

With 50's music playing in the background, students ate and talk-

ed at four tables set up in the multipurpose room of the dorms. About 80 of the 396 dorm residents ventured out of their suites to partake of free food.

"It was all instant," said freshman resident Laura Castro. "Instant mashed potatoes, instant turkeys...."

But it was free to residents belonging to the resident student association and \$3 for non-members.

Since most of the residents are going home for Thanksgiving, this was just a practice session for their "bigger and better" feasts later next week.

Resident Adviser Jennifer Parker, a junior psychology and human services major, cooked one of the turkeys and plans on going home for Thanksgiving, but coming back for R.A. duty that night.

She said she doesn't mind being on duty Thanksgiving night, "just as long as no one gives me any trouble."

Seemingly the only trouble remaining by the end of the Wednesday's Thanksgiving dinner was what might happen to the food.

"We still have a lot of leftovers," said Casey Rittenhouse, a communications major and the final third of the social trio.

With finals swiftly approaching, Rittenhouse had almost forgotten about the feast.

"I had so much going on — I had to write a paper, study, register for classes," she said. On top of that, she contemplated what she needed

DORMS / 7

## Charity drive collects food

■**DONATIONS:** PoweR Communications' five-student team worked with Second Food Bank of Orange County to help the underprivileged

BY CYNTHIA PANGESTU  
Daily Titan Staff Writer

For three days, five public relations students held an on-campus food drive through a firm they started as part of a course requirement called PoweR Communications. Because Thanksgiving is drawing near, the students chose to work with Second Harvest Food Bank of Orange County, an agency that provides food and monetary donations to 375 Orange County charities.

The students' mission was to put together a public relations plan form to create an event, implement it and evaluate it. By holding a food drive, their goal was to raise \$1,000 or 1,000

pounds of food. They based the food drive on campus, rather than doing a door-to-door routine to see what the student and faculty population could pull in.

Shannon Eggers, director of PoweR Communications, explained that each dollar donated represents 30 meals. Every \$10 can buy 25-35 pounds of food. Ninety-five percent of monetary donations, or 95 cents of every dollar received through their food drive goes to the purchase of food. The other five percent goes to any administrative hires. However, the majority of workers at Second Harvest are volunteers.

"We found that the most successful time is around noon," Eggers said. "Some people walk by and try to ignore

us, but then we joke with them and many come back to find out more information and to donate. I know it's hard to bring cans; it may have been easier for some to give money. Either way, people have been very generous. The dollar income has been more of the surprising donation. We are getting more monetary donations than we expected."

Through the three days of assisting and overseeing the food drive, Eric Maki, team manager, noticed trends between genders.

"What I have noticed so far is that most women are willing to go out to markets and buy canned goods to donate, whereas most men prefer to donate money."

FOOD / 7



CYNTHIA PANGESTU/Daily Titan

Danny Sanders drops a canned good to contribute to food drive.

## Sorority assembles Thanksgiving baskets

■**COMMUNITY:** Alpha Kappa Alpha prepares dinners to be distributed by four local congregations

BY NAOMI ULICI  
Daily Titan Staff Writer

What pre-medicine major Jameka Carter really wants to do is deliver babies. But this Thanksgiving, she and her Alpha Kappa Alpha sisters will be delivering a turkey feast to eight needy families in Southern California.

Carter turned her cozy apartment into a gift basket factory Wednesday, as sisters and friends alike poured in with boxes of turkey stuffing, cornbread mix and cans of cranberry sauce.

The dinners prepared by the sorority's TurkAKA program will be distributed by four churches in Los Angeles and Orange counties, to two impoverished families in each congregation.

"We figure the pastors know their congregation the best and can give the

dinners to people that really need them," Carter said.

TurAKA is just one of the many community services Carter and five other girls have planned for the fall.

"We just did a AIDS walkathon, and we're also planning to do a toy drive for Christmas," Carter said.

Spread across three campuses, the six girls joined forces last semester to bring an Alpha Kappa Alpha chapter to Southern California.

"We don't have a very large population of African Americans on campus," Carter said. "A lot of girls that want to be involved with the sorority end up going to schools in the south. It would be really cool to get it on the West Coast."

Besides having relatives involved in the sorority, part of her decision to join Alpha Kappa Alpha she said, was the

fact that they were always very visible in the community and seemed like a great networking system.

"A sorority is a lifetime commitment and I would advise any girl looking to get involved to check out all of the sororities available," Carter said. "It has to be right for you. Alpha Kappa Alpha was right for me because I saw how Alpha Kappa Alpha women presented themselves."

While the sorority is not limited to African American women, Carter said it primarily targets African American communities.

Roxann Belle, a civil engineering major at Cal Poly Pomona, said she knew of Alpha Kappa Alpha ever since she was little.

"They are really big in the community," said Belle, who is thinking of

joining the sorority. "They're always doing some tutoring program or adopting some street and cleaning it up. I didn't see other sororities doing that."

Now a sophomore in college, Belle heard about the Southern California AKA organization when she met one of the sisters at an on-campus fashion show fundraiser. Her favorite high school counselor was an also an AKA sister.

"She was so motivating and inspiring to me," she said. "As minority, it's really difficult to get encouragement from school staff."

According to www.aka1908.com, Alpha Kappa Alpha sisters are dedicated to promoting high scholarship, career and vocational guidance and the advancement of human and civil rights.

BASKETS / 7

two

A GUIDE TO WHAT'S HAPPENING

BRIEFS

“Golden Bough” at the Curtis Theatre in Brea

The Curtis Theatre's Guest Artist Series welcomes back “Golden Bough” Friday Dec. 7 and Saturday Dec. 8. Performances begin at 8 p.m. The Larson Academy of traditional Irish Dance will also be back this year.

The performance is sponsored by the California Arts Council and the National Endowment for the Arts. “Golden Bough” is back by popular demand with new tunes and an array of old-style Celtic music.

The event will combine melodies of Irish flute, bells, percussion and harmonies blended with Celtic instruments.

Tickets are \$27 for adults, \$25 for seniors and \$17 for children. Tickets may be purchased online at [www.curtistheatre.org](http://www.curtistheatre.org). They are also available by phone, mail or in person.

Discounts rates are available for groups of 15 or more. Parking is free.

The Curtis Theatre is located at the Brea Civic and Cultural Center, 1 Civic Circle, Plaza level.

Box-office hours are Wednesday to Friday, noon to 5 p.m.; Saturday 11 a.m. to 2 p.m.; and one hour prior to performances.

For tickets or information, call (714) 990-7722.

Registration for Brea’s youth basketball program begins

Kids may sign-up for Youth Basketball 2002 beginning Nov. 26. It will continue until leagues fill. The league plays Saturdays from Jan. 5 to Mar. 9.

The Youth Basketball Program is for boys and girls ages four

years to children in sixth grade. The format will include instruction, drills and games. Evaluations will be held for all participants during the first meeting Jan. 5. All basketball games are played at the Brea Community Center Gym or Brea Olinda High School Gym. Fees are \$45 per player, for those who live, work or attend school in Brea. It is \$50 for others and will include a T-shirt and trophy.

Parents may register participants in person at the Brea Community Center front counter or by phone with a credit card at (714) 990-7100.

Leagues may fill quickly and early registration is recommended. Helping Hands scholarships are available for those needing assistance. The Brea Community Center is located at 695 E. Madison Way.

For more information, call (714) 990-7734.

Brea residents have a chance to receive a free toilet

Brea residents have the opportunity to participate in a water conservation effort conducted by the Municipal Water District of Orange and local water agencies. The program encourages residents to exchange their old toilets for new ones. To take part in the program, residents need to follow three steps: Pick up free toilets on Saturday, Nov. 17 from 9 a.m. to 2 p.m. at the Unocal Hartley Center, 376 Valencia Ave.

Install new toilets from Nov. 17 to Dec. 1.

Return old toilets on Dec. 1 from 9 a.m. to 2 p.m. at the Unocal Hartley Center.

For program participation, residents must bring their current water bill and current photo I.D. For

CALENDAR OF EVENTS

Community---

Well-known rave DJ Steve Loria will be spinning deep house for the night-before-Thanksgiving party at Geckos in Huntington Beach Wednesday, Nov. 21. Geckos is a two-level nightclub that offers three full bars with drink specials, a heated smoking patio, a large dance floor with five dance stages and pool tables. For more information, call (714) 892-0294.

On Nov. 27, South Coast Plaza is having its annual Christmas Tree Lighting Ceremony at 6 p.m. There will be holiday music, the arrival of Santa Claus and the lighting of a 90-foot tree, complete with 15,000 lights. For more information, call (714) 435-2100.

The Anaheim Ballet presents the Nutcracker at Anaheim High School Dec. 1 and 2 at 8 p.m. Tickets are \$12 to \$16. For more information, call (800) 965-4827.-

The “Glory of Christmas” will be at the Crystal Cathedral in Garden Grove. More than 200 members will recreate a live nativity scene Nov. 24-30. For more information, call (714) 544-5679.-

Laguna Beach’s Winter Festival continues to line the grounds of the Sawdust Festival with entertainment and food through December. The

celebration will feature 150 artists who have made holiday items. -

Save Ferris will be performing at the House of Blues in Anaheim Nov. 17. The ska concert will start at 8 p.m. and tickets are \$17.50. For more information, call (714) 778-2583.-

Britney Spears will perform at the Arrowhead Pond in Anaheim Nov. 20. Tickets range from \$40 to \$75. For more information, call (714) 704-2700 or Ticketmaster at (714) 740-2000.-

The Muckenthaler Cultural Center Foundation is presenting a Holiday Americana Home Tour, Floral Demonstrations and Boutique & Luncheon Dec. 1. The events will take place from 10 a.m. to 4 p.m. A donation of \$25 per person is recommended. Funds will benefit the Muckenthaler Cultural Center Foundation. For more information, call (714) 738-6595.-

The Relationship Building Network is hosting their BUSINESS Expo/Trade Show Dec. 4 from 5 p.m. to 8:30 p.m. The event will be held at the Newport Fish Company and there is a \$10 admission charge. There will be appetizers, entertainment and prizes.--

There will be a Nutcracker Boutique at the Brea

Community Center Nov. 17 from 9 a.m. to 4 p.m. Proceeds from the event will benefit Brea Community Center Youth and teen and family programs. --

The City of Brea and the National Watercolor Society are presenting the 81st annual “National Watercolor Juried Exhibition” through Dec. 9. The exhibit will feature more than 100 watercolor paintings from artists around the world. For more information, call (714) 990-7730.--

Campus--

“Glassworks 2001” will be at the Grand Central Art Center Rental and Sales Gallery Dec. 1 through Jan. 13. This event is the third annual exhibition. The opening reception will be held Dec. 1 from 7 p.m. to 10 p.m.

A lecture on body image and self-esteem will be held Nov. 27 at noon in University Hall Room 205. The event is sponsored by Counseling and Psychological Services and the Women’s and Adult Reentry Center.-

“Scapin,” a comedy about a servant who makes up tales about kidnapping and foreigners, continues to play at the Grand Central Art Center in Santa Ana through Dec. 2. Tickets may be purchased at CSUF. For more information, call (714) 278-3371.-

Men’s soccer faces off against UC Santa Barbara Nov. 18 at 1 p.m. The game will be held at Titan Stadium. Tickets may be purchased in the Athletic Ticket Office. For more information, call (714) 278-CSUF.-

Camp Titan is having a Holiday Toy Drive through Dec. 14. Bring an unwrapped toy to the Titan Student Union Information and Services desk to help support underprivileged children.-

A Teacher job fair will be held Nov. 20 from 12:30 p.m. to 5:30 p.m. in the Titan Student Union Pavilions. For more information, visit [www.fullerton.edu/career](http://www.fullerton.edu/career).-

The Ceramics Showcase 2001 is on display in the Grand Central Rental and Sales Gallery through Nov. 25. This is the third annual event of its kind. The exhibit features works by Southern California artists like Lucy Chamberlain, Don Fitzgerald and Susan Martin. For more information, call (714) 567-7233.-

Self-defense classes for women only will be offered Nov. 16 in the Physical Education Building’s Fencing Room. The “Rape Aggression Defense” is a consecutive group of classes that teach women to be prepared if ever faced with an attacker. For

T.I.R. 3\*4

Fill Ad 1\*8

Headhunters 3\*4

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The Daily TITAN

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# Cancer society celebrates

■ANNIVERSARY:

The “Great American Smokeout” marks 25 years of trying to kick the nicotine habit

By DANNY SERPA  
Daily Titan Staff Writer

Thursday marked the 25th anniversary of the American Cancer Society’s (ACS) “Great American Smokeout.” The purpose of the event is to change the outlook of tobacco promotion in society and also attitudes about smoking with students on campus.

Since its development in 1976, ACS’ efforts have generated changes in policies and the environment.

According to the ACS, in 1998 a law was passed in California forbidding smoking in restaurants and bars and most recently, Disneyland.

“Most people who smoke think that they’re not affecting anyone around them,” said Jennifer Horspool, director of marketing at ACS. “The fact is that when people smoke indoors in public

places, it goes through ventilation systems and makes contact with people who don’t smoke.”

In 1999, the Master Settlement Agreement (MSA) was passed by Congress. The pact requires tobacco companies to pay \$206 billion to 45 states by the year 2025 to cover Medicaid costs of treating people who smoke. The agreement also helped end cartoon advertising and tobacco billboards targeting adolescents.

Since 1998, California cigarette consumption has dropped 38 percent and youth smoking rates have been dropping since 1995, according to the ACS.

Some college students smoke cigarettes because of the amount of stress involved with being a full-time student while holding down a job at the same time. But according to statistics based in survey data collected by the CSUF Student Health and Counseling Center and Golden Key International Honor Society, 83 percent of the students on campus do not smoke cigarettes.

“I think it’s wonderful,” said Margaret H. White, a psychology professor who specializes in health. “One of the reasons I think students are smoking less is because the cost of cigarettes is

rising.”

White believes there is a strong correlation between people living in places where cigarette prices are lower and those who smoke more, and people living in places where cigarette prices are high, smoke less.

“It might be because of an economic change,” she said.

Volunteers on campus sponsored by “Just the Facts,” organized booths to support the “Great American Smokeout.” There, they handed out information kits containing tips on how to prepare smokers to quit and reasons for quitting.

The ACS offers some insight for smokers who are thinking about quitting. The facts show how the body reacts shortly after the smoker’s last cigarette.

Studies show that circulation improves and lung function increases up to 30 percent two weeks to three months after quitting.

Chance of a heart attack decreases 24 hours after quitting.

Carbon monoxide level in blood drops to normal eight hours after quitting.

Coughing, fatigue, sinus congestion and shortness of breath decrease one to



DANNY SERPA/Daily Titan

Although many students don’t smoke, some smoke to deal with the stresses of school.

nine months after quitting.

Laura Chandler, director of Health Education and Promotion on campus, said she is pleased with the results pertaining to CSUF students who

don’t smoke on campus. She said that the purpose of the “Great American Smokeout” booths is to benefit the students.

“We hope students who smoke will

at least stop smoking for a day and perhaps even the rest of their lives,” Chandler said. “We encourage those students who don’t smoke to persuade smokers to quit.”

RECYCLE  
YOUR DAILY TITAN



# Panel discussion focuses on international

■LECTURE: John R. Malott and Choudhury Shamin spoke about political issues after Sept. 11 attacks

By AFNI ADNAN  
Special to the Titan

In conjunction with International Education Week 2001, a panel discussion titled “Perspectives on America in the World” was held in the Academic Senate Chambers Wednesday afternoon, discussing issues of foreign and international affairs after the Sept. 11 terrorist attacks.

John R. Malott, Cal State Fullerton diplomat-in-residence and former U.S. ambassador to Malaysia, was among the guest panelists. He had just returned from New York and described his mixed feelings of sorrow, anger, awe and confusion when he visited ground zero. He recalled the smell of burning metal as he left the site.

“I’ve never smelled anything like that in my life,” he said.

Malott was impressed with how the United States responded to the terrorist acts and said that the attacks against Afghanistan were the most coordinated and sophisticated response for any kind of foreign policy crisis. He also mentioned it was important that the country not depend only on military forces to win the war.

“We are not going to win this solely on military effort alone,” he said. “This involves coordinated efforts of diplomacy, law enforcement and intelligence.”

Malott also discussed the importance

Things work a lot better when you have the world on your side.

—John R. Malott,  
CSUF Diplomat-in-Resident

of cooperation from other nations in combating this crisis.

“Things work out a lot better when you have the world on your side and the support of other countries,” he said.

Choudhury Shamin, an associate professor of political science at Cal State Fullerton who was also on the panel said, “You have at the moment, a lot of countries that are with the U.S.”

Shamin pointed out that the United States has always been a cultural influence on other countries, be it through entertainment, culture or fashion trends.

“I’ve seen the influences of the U.S. on the rest of the world; in music, film

and even the blue jeans,” he said.

He also said that many countries are lending a helping hand in this fight against terrorism, even countries that at one time were never allies of the United States. Pakistan, for example, is allowing the United States to use its bases. Great Britain has also strongly supported this fight by sending their troops to Afghanistan.

The issue of ratifying the country’s foreign policies is also important in fighting this war on terrorism. Scott Browning, diplomat-in-residence at University of Southern California and also one of the guest panelists, said the United States needs to establish a new diplomatic platform.

“During the Cold War, the U.S. had a straightforward foreign policy,” he said. “But in the 1970s, the country began modifying and adding new dimensions to the policy, such as human rights, environmental bills and women’s issues. However, the design of the country’s diplomatic platform remains unchanged.”

One of the steps being taken to implement this new platform is the reshaping and reframing of the State Department,

which hasn’t been functioning effectively.

“There is much confusion in Washington over who does what and where responsibilities lie,” Browning said.

Some might say that capturing Osama bin Laden would mean the end of this crisis, but Malott doesn’t agree.

“If Osama were to have a heart attack and drop dead tomorrow, it wouldn’t make a difference,” he said. “We have to get the network. He’s got some pretty nasty people working for him. There’s no shortage of people who would love to take his place.”

As for fighting terrorism on a personal level, the best thing to do is to just watch your back. Malott said the United States was great when it came to dealing with tragedy after the attacks, but feels that the country needs to focus more on deterrence and to better prepare itself for emergencies.

“You have to be constantly aware of everybody and everything that’s around you,” he said. “Do everything you can to protect yourself.”

Buena Vista  
“Out Cold”  
3\*10.5

FOOD

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Maki also explained that many people recognize their type of service or have worked for such causes before and are very willing to contribute.

“We have a lot of external help that we didn’t expect,” she said.

Among the external helpers is John Bockman, a local business owner who has promised to match 50 cents for every dollar raised.

Everyone who donated was also entered into a drawing for a chance to win prizes.

Not only were the students able to contribute for a good cause, but also took with them valuable experience.

“I learned a lot through planning and following through with our food drive,” Sue Al-Khatib, team researcher said. “Now I know about public relations because I went out and practiced it. I have the knowledge of what public relations is.”

After the event, the students of PowerR Communications will be graded on their plan, success, group efforts and the evaluation by the non-profit organization.

Maki believes this course is the capstone of public relations.

“This is the most intense class compared to most classes I have taken. Overall, it’s a great experience,” she said. Aside from being a student, Eggers owns his own business called JST Blinds.

“As a business owner, I think this is great real world experience. Between two public relations graduates, I would definitely hire the one with this type of experience.”

In the end, the group’s hard work paid off. They raised 450 pounds of donated goods and \$205, which estimates about 600 pounds of food, totaling 1,050 pounds. They are still expecting more contributions up until Friday.



NAOMI ULICI/Daily Titan

Sorority sisters pack gift baskets to donate to those in need.

BASKETS

■from page 1

Established in 1908, the sorority is the oldest Greek-letter organization started by black women in America.

“They even give scholarships to black men,” Belle said.

Now treasurer for the sorority, Carter thinks that having the sorority on campus, will increase the black population on the Cal State Fullerton campus. She plans to recruit several more girls to sorority in order to meet the 12-person requirement needed to establish an official chapter.

DORMS

■from page 1

to make for dinner. Lucky for her, the Thanksgiving dinner awaited for her at home, the dorms.

Dismembered turkeys piled high in the kitchen and desserts sat relatively uneaten on the table.

“I don’t even eat turkey,” said Yoshikawa, a vegetarian who let

her roommates cook the turkey since she wasn’t an experienced meat chef.

Turkey or not, the festivities rang of Thanksgiving spirit.

“It was about togetherness,” Middleton said.

“Community,” Yoshikawa added.

“And food,” Rittenhouse said.

STRESS

■from page 1

the high of caffeine. Chicken and salmon are especially recommended sources of protein because they contain Tryptophan. Tryptophan is a precursor to serotonin, the chemical in our brain that regulates our mood.

Another mood stabilizer is classical music. Liverpool suggests occasionally tuning into a classical station on the way to school or work.

“Many students live sleep deprived, and sleep deprivation can cause symptoms of depression,” Stringer said.

Liverpool suggests deciding when you are most effectively functioning and whether you are a night owl or a day lark. Then, practice good sleep hygiene. Don’t exercise or eat too much before you go to bed and try to go to sleep at the same time every night.

For a really deep sleep, Liverpool recommends taking a hot shower or bath about an hour before bed to increase your body temperature. By the time you are ready to go to sleep, your temperature will have crashed down even lower than before. Your deepest sleep is achieved when your body temperature is at its lowest.

Applying “Rational Emotive Behavior Therapy” to a daily routine is a simple conscious decision students can make. Stringer explains that because our thought processes

are very quick, we often do not bring them to consciousness and examine them to discover how they interfere with our happiness. When we do examine our thinking, we reduce our anxiety and give ourselves control over our behavior.

Stringer said another common thinking problem is we assume the situation causes us to feel uncomfortable or have negative feelings. Then we act on those negative feelings. The truth is that our thoughts about the situation cause our negative feelings. These thoughts drive our reaction and behavior to the situation.

Sometimes students put an extreme amount of pressure on themselves to perform well. Lessening the pressure can actually lessen stress and increase performance.

“A lot of us operate on irrational beliefs. Yes, you must prove yourself thoroughly competent in all you undertake. But when we think about it, it is irrational. It is OK to say I don’t know everything. Isn’t it the people we admire most who aren’t afraid to say they’re sorry or admit when they can’t do something?” Stringer said.

“You can’t be competent in everything,” Liverpool said.

A variety of counseling and psychological services on campus are available for additional stress reduction techniques or support. Weekly workshops are provided in Langsdorf Hall.

<http://dailytitan.fullerton.edu>

Fullerton Car Wash 4\*2

Classifieds 6\*12

# Law says three strikes and you're out – should



BY TRINITY

POWELLS

Staff Writer

## Con: Three-Strikes law makes little sense for non-violent repeat-

The California three strikes law was passed as legislation with good intent, but always lacked one essential element to make it an efficient tool in preventing serious crime — common sense.

However, in light of a ruling by the Ninth U.S. Circuit Court of Appeals that struck down a 50-years-to-life sentence for Leonardo Andrade, common sense and the three strikes law may finally fulfill the proper intent that many of its supporters rushed to the voting booths to endorse.

In a 2-to-1 ruling, the Ninth U.S. Circuit Court of Appeals, considering the specific circumstances of Andrade's case, declared that his sentence violated the Constitution's ban on cruel and unusual punishment.

Andrade acquired his last strike from arrests in 1995 for stealing videotapes from a K-Mart valued at \$153; a petty theft crime, which is normally considered a misdemeanor punishable by up to six months in jail. Andrade obtained other strikes from seven past convictions that included residential burglary.

The three strikes laws came into legislation in 1994 after the kidnapping and murder of 12-year-old Polly Klaas by the hands of a repeat felon.

Though the intentions in the creating of the three strikes laws after the murder of Klaas were admirable, the extent in which the law prosecutes all that acquire three strikes, even for non-violent crimes, lacks the common sense and rationality that many voters assumed would be part of its institution.

In the writing of the Constitution, the ban on cruel and unusual punishment was, in its own way, an attempt to ensure that those charged of crimes would receive punishment fitting of

those crimes.

To issue a sentence of at least 25 years in prison for petty crimes such as shoplifting, that would be punished by no more than six months in jail, or more ironically, ignored by some retailers and settled within their own capacities, is clearly illogical and by every meaning of the word both cruel and unusually harsh.

This by no means substantiates the notion that those that commit petty crimes are to receive the same slap on the hand every time that they commit these acts, but sentencing a person 25 years to life for a crime that many people committed as children and adolescents is more a sucker punch to the face, rather than an appropriate deterrent to further acts of crime.

Though the three strikes law has placed many that have committed serious crimes rightfully in prison for their actions, a primary goal in the laws' establishment, the 25 years to life that petty criminals may have to spend in prison at the taxpayers' expense was not.

The simple use of common sense could better direct taxpayers' dollars from hotel accommodations for petty criminals at state facilities and could be better used to prosecute and convict those that rightfully deserve the stay.

The striking down of Andrade's sentence may open discussion and litigation by others convicted and sentenced under similar circumstances by the three strikes laws, as many, including Andrade's

lawyer, Erwin Chemerinsky speculate.

And rightfully so, if their cases are as petty as Andrade's was, evaluation of their cases and, more importantly, provisions of the three strikes law need to be examined and modified to better suit the purpose behind which many placed their vote and approval.

Though the Ninth U.S. Circuit Court of Appeals' decision was far from completely invalidating the three strikes law, it did bring forth the question of rather a law like three strikes could stand absolute and still be just to all those prosecuted under it and society.

As in Andrade's case one can see that the three strikes law can be a swing and a miss when it comes to punishing those that the law was truly designed for.



BY MELANIE

BYSOUTH

Staff Writer

## Pro: Three-Strikes law is fair and just for repeat violent offend-

Rene Landa was sentenced for 27 years to life for stealing a spare tire.

Richard Morgan was sentenced for 26 years to life for stealing a baseball glove.- Johnny Quirino was sentenced for 25 years to life for stealing razor blades. As a result of California's three strikes law, these three men now sit in prison and it will be quite a while before they can even think about returning to society.

Good. These men, as with most three-strikers, knew the risks when they chose to commit a third crime.-

They each knew they had two prior felony convictions and they each knew a third conviction would mean 25 years to life.

It is not the fault of the law, or the California voters, or the legislation that these men are serving such severe sentences.- When looking for someone to blame, these men can only blame themselves. Landa and Quirino each committed two counts of burglary of an inhabited dwelling before the lesser crimes were committed.- Morgan burglarized an inhabited dwelling and committed second-degree robbery. These were not innocent men who became victims of an evil law.-

Nor were they singled out and targeted to receive harsher sentences.- They committed a crime and knew the risks involved when they chose to do so. Life is rarely easy.- Problems will always arise and the challenge in life is how one chooses to deal with those problems.- For some, crime seems to be the only way out and success comes from not being caught.-

When criminals succeed, some hard-working business owner is forced to raise his prices to combat the theft of his merchandise.- When burglars succeed, a family no longer feels safe in their own home.- But when they fail, when they are caught, suddenly they are not the ones to blame. It is common sense that it is wrong to

commit a crime.- Most of us have that figured out but many choose to ignore common sense.- They blame drugs, or a poor childhood or financial problems but they never blame themselves.

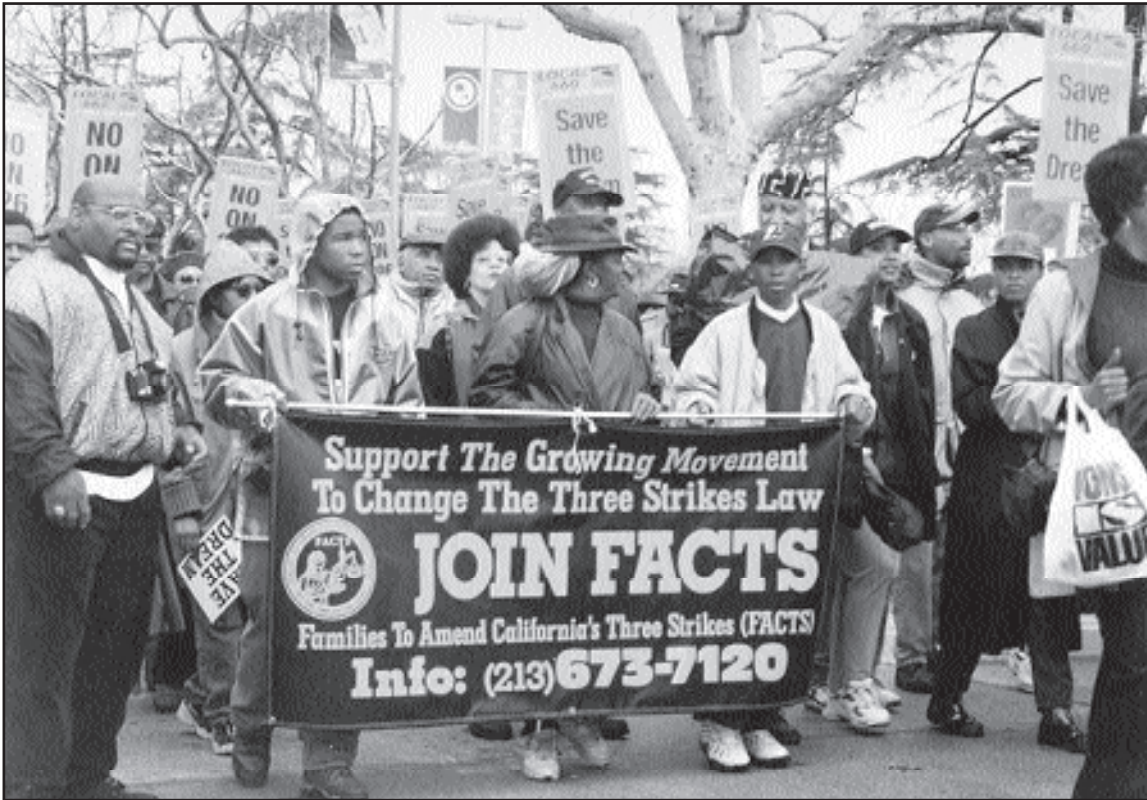
We all have the ability to choose what we want to do with our lives.- Landa, Morgan and Quirino all made the choice that a tire, a baseball glove and some razor blades were worth the risk of a possible life sentence. It would seem that someone with so much to lose would be more careful of his or her actions.- They all knew that the three strikes law existed and were aware of their two prior convictions.-

The crimes may have been petty, but they still met the requirements of a third strike. The law may have been designed to target violent repeat offenders, but it never stated that it would not incarcerate non-violent criminals as well. As someone who has never spent anytime in prison, I cannot imagine what it must be like.- The living conditions, the lack of privacy, the violence.- I would never do anything that came with those risks.- I could not imagine anything worse than losing my freedom of choice. But it would seem that someone who has lost that freedom once, would stop at nothing to prevent themselves from losing it again. Why would someone choose to abandon their freedom?-

Why would someone who has spent time in prison do anything that would return them to such a dreaded place?

Why would Landa, Morgan and Quirino exchange a life of freedom for a life in behind bars? It would seem that those with two strikes would be the ones most adamant against committing crime.-

But instead of learning from their first mistake, they did it again.- Instead of learning from their second mistake, they did it again.- And now they must



COURTESY FACTS1.COM

The Families to Amend California's Three-Strikes law demonstrate their disapproval of law

# Drivers need to be aware of dangers of road rag-



BY HEATHER

BAER

Staff Writer

With her fingers tightly clenched around the steering wheel she begins to accelerate.

Flying down the 91 Freeway at 85 miles per hour, she dodges between cars without any regard of her safety or the safety of the people around her.

Suddenly without warning a car cuts her off, causing her to slam on her brakes.

Infuriated by the audacity of the other driver, she pulls up to him, cusses at him

and then proceeds to cut him off, causing him to brake quickly.

She proceeds to speed up, still angry with the driver who cut her off.

This scenario sounds extreme but it is not.

It is something that happens everyday. I should know because the girl who cuts people off at 85 miles per hour is me.

But I am not alone.

Thousands of car accidents take place each year and most of them are road rage/aggressive driving related. Still drivers do not take this problem seriously.

People must learn to be aware of aggressive drivers and try to be as safe

on the road as possible.

Their lives depend on it.

According to the National Highway Traffic Safety Association (NHTSA) aggressive driving, which includes road rage, is a factor in as many as two-thirds of highway deaths each year.

Contrary to popular belief road rage has a different definition than aggressive driving.

Stopaggressivedriving.com defines road rage as, "an assault with a motor vehicle or other dangerous weapon by the operator or passengers of another motor vehicle or an assault precipitated by an incident that occurred on a roadway."

Aggressive driving, on the other

hand, is defined as the progression of unlawful driving actions. These actions include speeding, improper or excessive lane changing and improper passing.

My type of driving is aggressive because when I drive I do not consider the human element. Instead I drive as fast as the road will allow. I change lanes excessively and am very impatient.

Honestly I cannot explain why I do this. In every other aspect of my life, I am a kind person, with great regard for human life.

However, when I am on the road everything changes.

The problem once got so badly that I got out of my car and yelled at another driver, a man twice my size. He was a

foot taller than me but that did not stop me from yelling at him and kicking his tires.

Even as I was yelling at this man, I could not believe that I was doing it, that I fit into a category of angry drivers.

According to the NHTSA there are approximately 6,335,000 crashes each year. Also, speeding related crashes cost an estimated \$28.9 billion per year.

Another frightening statistic is that every 13 minutes a person dies in a car crash, according to stopaggressivedriving.com.

Understandably, the driver, myself, needs to take responsibility for his or her actions.

However, there are steps each driver

can take to help ensure their safety.

Roadragers.com states that when dealing with an aggressive driver road rager, one should not retaliate against them because this can only make them more irritated and dangerous.

Also, the driver should make eye contact with the road rager.

There is also some useful advice for us psychos on the road.

When a driver cuts you off or makes you angry, try to slow down and relax. Ask yourself if getting back at the person is worth endangering your safety as well as the safety of the other drivers on the road.

So, next time you see somebody speeding down the road, try not to get



TMS CAMPUS

## Letter to the Editor

### Letter upsets Christian student

To Whom it May Concern:

I just read the article entitled "Ignorance of classmates shocks student" under the Letters to the Editor column and I was very upset by this. I am an undergraduate at CSUF, and am planning to be a teacher... and I'm a Christian. And so this is in response to the student who made the comment that "Christians" should not be allowed into the school system.

First of all, that comment is wrong, because it generalizes Christians. Christianity is a faith, not a religion. You can't generalize something that is different for all people.

Secondly, the author of this article is out of line in saying that certain people can and cannot teach. There is a great need for teachers and I would rather have someone with great Christian values teaching my children than someone without them. Children are extremely impressionable. It's this kind of apathy and ignorance on her part that causes segregation. There are Christians all over the world that are suffering from

persecution from people with this exact attitude, I'm just thankful that we're in a country where there's freedom of religion.

And finally, my last comment is just that-it is almost impossible to try and limit the Christian influence coming into schools because this country was ultimately based on God. True, the Supreme Court has been trying to take things out of our culture that benefits one religion over another, but God is still everywhere, especially lately. Until our country removes the "in God we trust" from its coins, money and monuments, fully removes the Pledge of Allegiance out of schools and key lines out of our documents, this country will always remain faith-based.

Thanks for your time,  
Michelle Keating  
Student

## Letters to the Editor Policy

Letters to the Editor should be brief and are subject to editing. They should also include name, association to CSUF, and telephone number.

Columns are the personal opinion of the writer. They do not reflect those of the university, the faculty, or the student body.

Editorials are the opinion of the editorial board, comprised of the Executive Editor, News Editors and section editors.

E-mail responses to [dailytitan@yahoo.com](mailto:dailytitan@yahoo.com) or mail to 2600 E. Nutwood Ave, Suite 660, Fullerton, CA 92831

# Khosroshahin knows how to get the job done

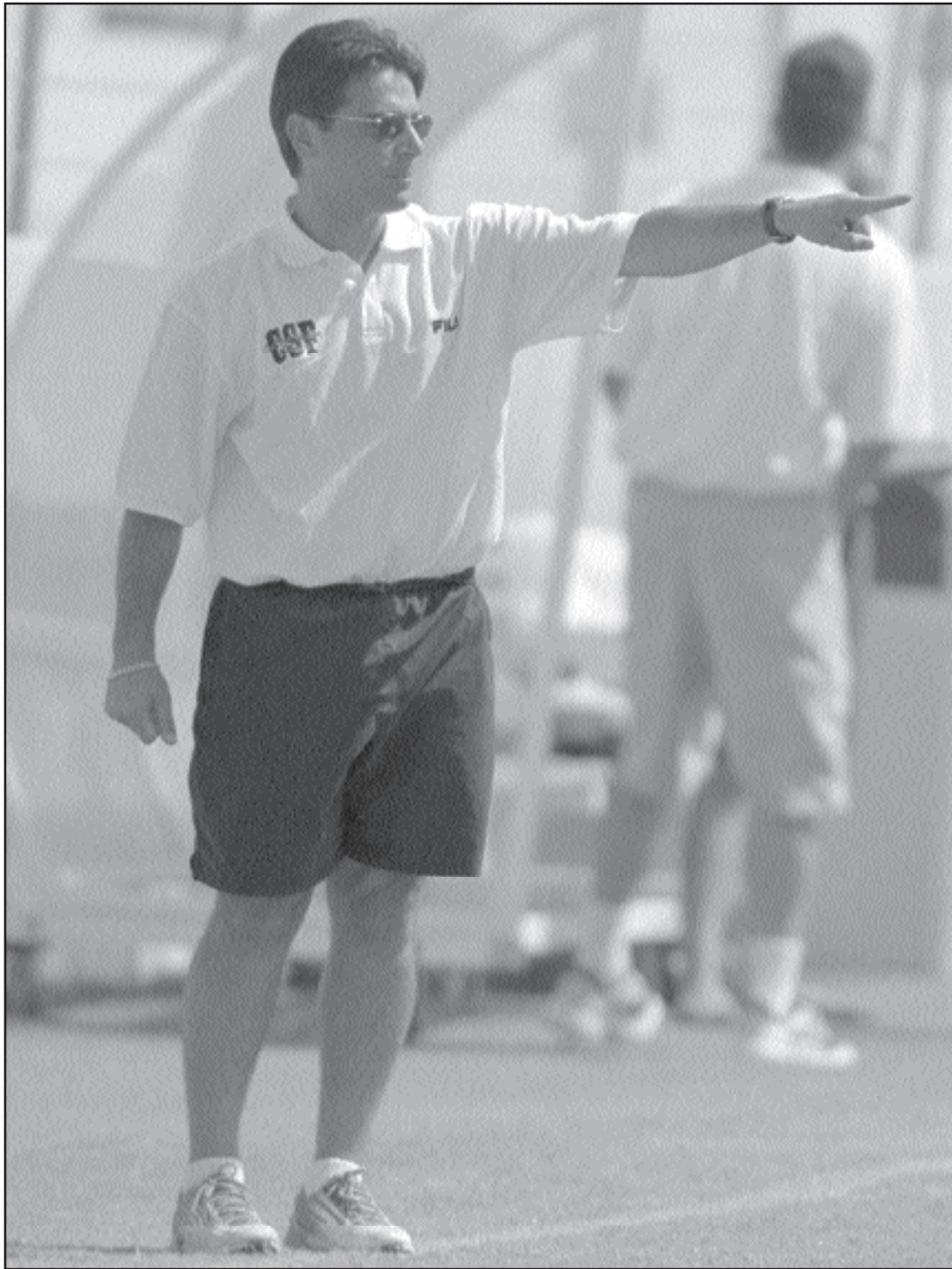


PHOTO COURTESY OF CSUF ATHLETIC MEDIA RELATIONS

Ali Khosroshahin produced a winning season for Cal State Fullerton women's soccer.

Twelve years later, a Titan athlete returns to the soccer field as head coach and leads the Fullerton women to the NCAA College Cup Tournament

By JEFF BENSON  
Daily Titan Staff Writer

"What did you think of today's game?"

These words emanate like clockwork from Ali Khosroshahin's mouth whenever a fan saunters over to congratulate him for a win or sympathize for a loss.

It really doesn't matter how many goals his team scored or how his star midfielder's health is holding up or how his defense was able to stand tough for 90 minutes. He beats you to the punch and the question remains the same: "What did you think?"

He'll disagree because he knows his team better than anyone, but he still values other's opinions.

He must be doing something right.

The interim head coach of Cal State Fullerton's women's soccer team was named the Big West's Coach of the Year by his peers Tuesday as his 13-6 Titans nearly ran the table in conference play.

CSUF, 7-1 in the Big West, could've been perfect if not for Southern Utah's Amber Tracy connecting on a corner kick late in the Oct. 14 road game.

Khosroshahin said he wasn't upset his team was picked to finish a lowly eighth by the same coaches.

"I'll be honest," Khosroshahin said early in the season. "I picked us to finish last. It's only a ranking. It just makes us look that much better when we win it."

Khosroshahin was one of few who put faith into a team with only three seniors and 15 freshmen and sophomores.

With an 8-12 record only a season ago, the women are now poised to tackle some of the toughest teams in college soccer, beginning with third-ranked UCLA.

His name's been mispronounced five or six different ways by five or

six different public address announcers, yet Khosroshahin (pronounced Hos-row-sha-heen) is content with only "Ali." His players, the fans, the parents, know him by no other name. Simply because he wants it that way.

"I love Ali," said goalkeepers' coach Scott Alexander. "He demands a lot from the players but he gets results. I don't think I can be at the point I am without his help. He has a lot of coaching experience."

The experience has brought him full-circle. Khosroshahin began his college career in 1989 as a CSUF player under head coach Al Mistri, the same man he'd end up replacing for the women's coaching job 12 years later.

In that span, Khosroshahin finished his soccer days at Cal State Los Angeles, where he earned a bachelor's degree in business administration. He went on to coach at CSLA, several Southern California high schools, and for the Mexican women's national team. In 1997 he became an assistant under Mistri for both the men and the women.

The Diamond Bar native makes his living putting a winning product on the field. He's told his team time and again that he's passionate about winning to the point of lacing up some cleats amidst the women and beating the opposing goalkeeper himself.

"It's character," Khosroshahin said. "It's believing in what you're doing and not panicking. Believe in what you do and good things will happen."

Whatever Khosroshahin did to bind 25 young women into the record books definitely worked. The coach groomed four conference first-team players (midfielders Kellie Cox, Michelle Bannister and Tennli Ulicny and forward Jenny Mescher), one second-team defender (Vanessa Valentine) and three who received honorable mention (defender Deena

Miller, midfielder Erica Jacalone and goalkeeper Laura Janke). Included in this group are three freshmen and a sophomore.

"He's a good coach," Mescher said. "He always has the right things to say to get us ready for a game."

One of the most glaring differences between the Titans and their opponents is the expressiveness of their coach. He doesn't try to show up the referees. He just knows what he wants from his players and refuses to let them lay down. And, consequently, the Fullerton bench has yet to be out-screamed this season.

His grating yell can be heard across the field and up into the top row of Titan Stadium.

"Don't get lazy at midfield!"

"Challenge the end line!"

"Pressure!"

"Slide over!"

Calling the players by their first names and never using numbers, Khosroshahin's willingness to communicate on the field has caught on with the players themselves. Players such as Ulicny and freshman goalkeeper Julianna Elliott have become vocal leaders during the team's recent successes.

"We're getting smarter," Khosroshahin said. "We get better every game. The ladies have bought into it, committed themselves to it, and they've been very focused."

Khosroshahin's team is riding high following its third straight win and anticipating its first-ever NCAA playoff appearance. In last Friday's game against UC Riverside, the Titans dominated the game on both ends of the field.

"We played well today," he said after the game. "We possessed the ball and it's the best it's been all year. We're finally getting it and I'm pleased."

## Ticking time bomb heads to

■COMMENTARY: Coach Knight brings his controversial temper to the sidelines of the Red Raiders

By BRIAN THATCHER  
Special to the Titan

College basketball fans can rest easy.

Fans will get the red sweater back this season, and along with it, they will be able to get their fill of tantrums and referee assaults. They will just have to look down south as opposed to Indiana.

And instead of IU on the left breast, they will have to look for TT.

The Texas Tech Red Raider basketball season will get underway Friday when they face William & Mary. The game marks the official start of the Bob Knight era at Texas Tech.

Knight, the legendary but controversial coach of the Indiana Hoosiers from 1972-2000, accepted the job earlier this year.

With him comes an impressive 763-290 record as a head coach. Knight also served as head coach

for Army from 1966-1971 in which he amassed a 102-50 record. He has three national titles to his credit ('76, '81 and '87), five Final Four appearances and a total number of career wins that is good enough for fifth all-time among collegiate coaches.

But wins and titles are not nearly all that Knight brings to the Texas Tech program.

With him comes a laundry list of anger-laden tirades, both on and off the court. All of which combined for Knight's being fired from Indiana after 29 years.

He has physically assaulted players.

The most notable occurrence came to light three years after the event took place. In 2000, CNN/SI released a report in which former players Neil Reed and Richard Mandeville accused Knight of choking Reed during a practice in 1997. A videotape was later released showing Knight choking Reed for 2.3 seconds.

He has assaulted students that were not members of his team.

Knight's final tantrum, and the event that eventually cost Knight his job at Indiana, came when he violated the zero-tolerance policy the university had laid down on Knight's attitude.

The incident occurred when Knight was accused of grabbing a freshman student by the arm and cursing at him. Knight had allegedly chosen to chastise the student for not properly respecting his elders because the student yelled, "hey, what's up Knight?" when he saw the coach on campus.

He has made insensitive comments towards women.

In 1988, during an interview with Connie Chung, Knight said "if rape is inevitable, relax and enjoy it." Knight claims the quote was taken out of context.

He has forced many students to transfer, some mid-season, from Indiana because of his verbal abuse.

In 1997, Jason Collier, an IU player, transferred to Georgia Tech at the midseason semester break, saying he no longer enjoyed basketball and was tired of the verbal abuse from Knight.

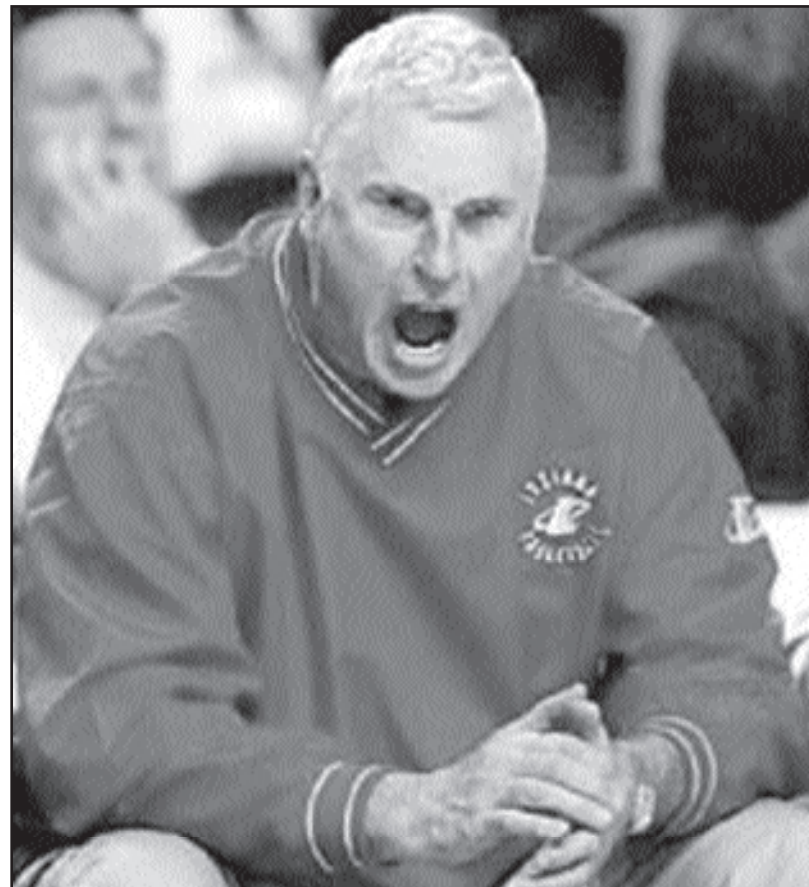
Knight, who was inducted into the National Basketball Hall of Fame in 1991, is, without question, one of the best coaches the game has ever seen. He knows how to win, and he knows how to get players to the NBA. Fourteen of his former players have gone in the first-round.

But what toll will his temper take on his players, his program, and his school?

How long will Texas Tech choose to ignore the monster on the sidelines?

How far will the NCAA let him go with his patterns of aggression and assaults towards players and students in the name of being "in the heat of battle?"

However long it is, let's just hope they come to their senses before he



ASSOCIATED PRESS

Players, coaches, fans, referees— Bobby Knight will yell at anyone.

Read  
The Daily Titan Online  
<http://dailytitan.fullerton.edu>